



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09212, Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium**

**Report Date: June 30, 2017 15:59 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 249g	1 fl oz 31.1g
<b>Proximates</b>						
Water	g	90.07	--	--	224.27	28.01
Energy	kcal	37	--	--	92	12
Energy	kJ	154	--	--	383	48
Protein	g	0.60	--	--	1.49	0.19
Total lipid (fat)	g	0.06	--	--	0.15	0.02
Ash	g	0.81	--	--	2.02	0.25
Carbohydrate, by difference	g	8.47	--	--	21.09	2.63
Fiber, total dietary	g	0.2	--	--	0.5	0.1
Sugars, total	g	7.42	--	--	18.48	2.31
Starch	g	0.00	--	--	0.00	0.00
<b>Minerals</b>						
Calcium, Ca	mg	147	--	--	366	46
Iron, Fe	mg	0.08	--	--	0.20	0.02
Magnesium, Mg	mg	10	--	--	25	3
Phosphorus, P	mg	78	--	--	194	24
Potassium, K	mg	158	--	--	393	49
Sodium, Na	mg	4	--	--	10	1
Zinc, Zn	mg	0.04	--	--	0.10	0.01
Copper, Cu	mg	0.021	--	--	0.052	0.007
Selenium, Se	µg	0.1	--	--	0.2	0.0
Fluoride, F	µg	65.7	--	--	163.6	20.4
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	36.2	--	--	90.1	11.3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 249g	1 fl oz 31.1g
Thiamin	mg	0.069	--	--	0.172	0.021
Riboflavin	mg	0.044	--	--	0.110	0.014
Niacin	mg	0.273	--	--	0.680	0.085
Vitamin B-6	mg	0.065	--	--	0.162	0.020
Folate, total	µg	19	--	--	47	6
Folic acid	µg	0	--	--	0	0
Folate, food	µg	19	--	--	47	6
Folate, DFE	µg	19	--	--	47	6
Choline, total	mg	5.0	--	--	12.4	1.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	3	--	--	7	1
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	13	--	--	32	4
Carotene, alpha	µg	5	--	--	12	2
Cryptoxanthin, beta	µg	48	--	--	120	15
Vitamin A, IU	IU	66	--	--	164	21
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	83	--	--	207	26
Vitamin E (alpha-tocopherol)	mg	0.15	--	--	0.37	0.05
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.1	--	--	0.2	0.0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.015	--	--	0.037	0.005
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.001	--	--	0.002	0.000
14:0	g	0.001	--	--	0.002	0.000
16:0	g	0.011	--	--	0.027	0.003

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 249g	1 fl oz 31.1g
18:0	g	0.002	--	--	0.005	0.001
Fatty acids, total monounsaturated	g	0.012	--	--	0.030	0.004
14:1	g	0.000	--	--	0.000	0.000
16:1 undifferentiated	g	0.002	--	--	0.005	0.001
18:1 undifferentiated	g	0.011	--	--	0.027	0.003
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
24:1 c	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.016	--	--	0.040	0.005
18:2 undifferentiated	g	0.012	--	--	0.030	0.004
18:3 undifferentiated	g	0.004	--	--	0.010	0.001
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0